

Tested
Tools

The Tribune Institute

HOUSEKEEPING AS A PROFESSION

Tested
Foods

Jollifications for Young and Old on Halloween Night



"CHESTNUTS! Hot roasted chestnuts!" served on the street corners! What different visions the odor brings to the various passersby! The small boy, unless he has been much defrauded, remembers nutting for ages and digs down for a dime. Some of us think of the fast passing chestnut trees in our North, and of those who are even now scouring Asia to replace them for us. But the mind of the cook will turn to the many possibilities of this same old chestnut served in many sophisticated ways. Marrons glacé, or the marrons preserved in syrup, are one of the most delicious of confections. To make the latter, use the big Italian chestnuts. First blanch the nuts. The time-honored way to do this is to slit each shell across one side, cook about one minute in boiling water, then drain and let them dry. Drop a teaspoonful of butter into the skillet for each pint of

nuts, stir and shake over the fire for several minutes. Quickly remove the shell and skin while still hot. The nut meats are then boiled until tender in a thin sugar syrup, without stirring, and left in the syrup over night. Next day they are drained, the syrup brought to a boil, the nuts are dropped in and again left over night in the liquid. This is repeated for four days before they are ready for the final draining. The syrup is used for pudding sauces, etc. When boiling hot the marrons may be canned with the syrup by merely sealing in airtight, sterilized jars.

Nesselrode Pudding

To make the famous Nesselrode pudding (infamously made in many hostesses these days!), first prepare a custard of three cupfuls of milk, a cupful and a half of sugar, the yolks of five eggs and a pinch of salt. Add

How to Sophisticate the Simple Chestnut and Apple for Holiday Purposes, Brew Appropriate Punches, and Make the Witch Cookies

That Top the Feast

By Virginia Carter Lee and Florence M. Lee,
Tribune Institute Staff

to it two cupfuls of cream, a fourth of a cupful of the prepared marron syrup and a cupful and a half of the marrons chopped (or part of the marrons may first be put through a fine sieve). To this may be added two ounces of seeded raisins and two of currants which have been boiled until plump in the sugar syrup and then chopped. Even preserved pineapple or maraschino cherries are added on occasions. But if fruit is to be included it is better to half freeze the pudding before adding it. It may be served garnished with whipped cream, but a single marron atop the pudding is even better, to our mind.

A Versatile Nut

The versatile chestnut is also often served as a vegetable. To bake them, shell, put a pint of meats into a casserole and cover with chicken stock. Season well with celery salt, paprika and shallots; cover and bake until most of the stock has been absorbed and the nuts are tender. Uncover at the end to brown.

For croquettes, mash a cupful of the boiled nuts, add two tablespoonfuls of milk, the yolk of one egg, a teaspoonful of sugar, one-eighth teaspoonful of salt and flavor with vanilla. Shape into balls, roll in bread crumbs dipped in egg, crumb again and fry in deep fat. Serve with a fruit salad.

A very good cream soup is made by boiling two pounds of the nuts after peeling till tender, then draining and adding with several pieces of celery to two quarts of stock. Season well with salt and pepper,



put the nuts through a sieve, add them with a teaspoonful of grated lemon rind, another of juice and a

pint of cream to the soup. Serve hot. Any one who has ever sojourned

in France and tasted the chestnut dressing with turkey and chicken will ever afterward think all other "stuffings" tame in comparison. A French chef has given us their modus operandi.

The first step of removing the chestnut shells has already been described; then three-quarters of a pound of nuts are boiled until tender in just enough cider to cover them (water may be added later if needed, but none should be left at the end). After that they are quartered, added to a stuffing of bread crumbs, and lastly the cooked liver and heart of the fowl are ground up and added.

The stuffing must not be moist. It is made by adding two tablespoonfuls of butter to two cupfuls of fresh bread crumbs, pepper that has been freshly ground, salt, chopped parsley and about four chopped shallots (most French cooks add a tiny bit of garlic). Instead of the butter the French often use about five ounces of fresh pork (the lean, not the fat), and grind it finely. This gives body also to the mixture. A half cupful of water must be added as a binder. Place this in the turkey and roast as usual.

Mont Blanc of Chestnuts for Dessert

If you do not stuff your turkey with this dressing you can make a sauce by boiling a pint of the nuts with a quart of stock till soft. A bit of lemon peel cooked with them is good. Mash the nuts, thicken with butter and flour, brown together, add a cupful of rich milk and serve. The following recipe also comes



from France, where it is served on fete days:

Leave three-quarters of a pound of large Italian chestnuts in the oven until the shells and inner skins can be removed. Boil the shelled chestnuts in water to cover and add two tablespoonfuls of honey and a quarter of a teaspoonful of salt. When the nuts are very tender add two more tablespoonfuls of honey and let them come to a boil.

Remove from the fire and let stand until thoroughly cold. Take out the nuts from the thick syrup (save a few large pieces for decoration) and run through a potato ricer, mounding it high. Flavor the syrup with a quarter of a teaspoonful of vanilla extract and pour just enough over the nuts to moisten slightly. Do not make them too moist. Mask with sweetened whipped cream and garnish with the nuts and a few candied cherries. Diluted coffee may be used in place of the water when

cooking the nuts if the flavor is liked.

The following recipe is a logical combination of apples and nuts and theoretically correct, but has not been tested, as the nuts are not in season at this writing.

A Famous Roman Dessert

Boil a pound of the large Italian chestnuts for a quarter of an hour. Then shell and simmer till tender with a cupful of milk. When soft rub through a sieve. Butter a mold well and line it with the pulp. Then add a layer of sweetened apple sauce colored pink with currant jelly. Fill up the mold with a layer of the sauce, then a layer of the puree, squeeze a little lemon juice over the top and bake in a quick oven. Turn out on to a plate and garnish with whipped cream and little pieces of the currant jelly.

From "soup to nuts" the chestnut may find a place on the menu and always add nutrition as well as quality to it.

Simple and Elaborate Menus for Witches' Night Parties of Every Kind

HALLOWEEN parties always seem to have a particular charm of their own, and, as they are nearly always very informal in character, they offer the hostess of moderate means but abundant imagination a special opportunity.

Certain edibles and drinkables are always associated with a Halloween party, and cider, chestnuts, popcorn, cheese, doughnuts, vegetable salads or crullers are given as suggestions for planning the supper menus.

It has been thought best in arranging the party menus to give two for children between the ages of seven and nine, two for young people of high school age and two for the "grown-ups," one of each class being planned along fairly economical lines and the other with a more elaborate menu.

Particular attention has been given to the children's menus, to provide edibles at once alluring and easy of digestion. Few children have the moral courage to refuse rich, highly seasoned food, and the hostess should see that it is not offered to them.

Prices for all the parties are given, and as six persons are catered for in each instance the home caterer can easily calculate the cost per

of chopped hard boiled eggs. Marinate with a French dressing, cover and let stand in a cold place until serving time. Beat one-quarter of a cupful of heavy cream until stiff and add two tablespoonfuls of canned pimento puree, then blend this with an equal quantity of mayonnaise dressing. Mound on a salad plate and surround with a border of crisp lettuce leaves.

Witch Cookies

Cream three-quarters of a cupful of shortening with one cupful of sugar, and add a quarter of a teaspoonful of salt, the beaten yolks of two eggs and a quarter of a cupful of milk. Flour slightly one cupful of seeded raisins, half a cupful of chopped peanuts and stir them into the first mixture with two cupfuls of rolled oats and the stiffly whipped egg whites. Mix one scant teaspoonful of baking soda with two cupfuls of sifted pastry flour, add this to the other ingredients and roll to a thin sheet. Cut with a fancy cutter and form a face on each with raisins, currants and candied cherries. Bake in a moderate oven.

cover and the expense of a larger party.

Special Dishes

In making the chicken aspic sandwiches prepare the jelly from boiling water that has been cooked with celery tops and bouillon cubes (chicken) and thickened with a tablespoonful of granulated gelatine to each scant two cupfuls of the strained bouillon. Cool, and when the mixture begins to stiffen stir in two chopped hard-boiled eggs and a can of boned chicken, cut in small pieces. Mould in baking powder tins, chill on the ice and cut in slices. Use one slice as a filling with a crisp lettuce leaf, dipped in boiled dressing, between two rounds of buttered whole wheat bread.

Boil the chestnuts when making the celery and apple salad and chop finely. Use a cupful and a half each of the fruit and diced celery, one cupful of the nuts and sufficient mayonnaise dressing to moisten. Serve in lettuce cups.

To prepare the surprise doughnuts use a rich raised doughnut recipe, and when forming them place in the center of each a bit of orange marmalade, four seeded raisins and half a teaspoonful of chopped walnuts. Fry as for ordinary doughnuts and roll while warm in powdered sugar and ground cinnamon.

The maple foam will be found delicious. To make it put into a saucepan two cupfuls of maple sugar, one cupful of brown sugar, half a cupful of water and one-quarter of a teaspoonful of cream of tartar. Boil to the hard ball stage (250 degrees), cut in bits. Cover and let stand for five minutes; then pour over the stiffly whipped whites of two eggs. Flavor with half a teaspoonful of

vanilla extract and beat until it becomes very thick. Drop from the tip of a spoon on greased paper and place in the center of each half a shelled walnut.

Halloween Service

Small fancy cutters in the shape of fantastic cats can be obtained at many of the housefurnishing shops, and these may be used in cutting out the "cats" from any good ginger cookie dough.

A very pretty way to serve the orange sherbet is in hollowed out orange skins, cut to represent miniature jack-o-lanterns. These are not difficult to prepare and they will cost but a fraction of what the fancy forms of cream will.

The fortune cake may be made from any favorite loaf cake recipe, and just previous to baking stir in a silver dime, ring and thimble. Frost with white icing and decorate with chocolate horseshoes made from chocolate frosting. Simulate the nails of the shoes with bits of blanched almonds.

Another artistic arrangement for serving the ice cream will be found in the so-called "potato ice cream." Make the potatoes from firmly frozen chocolate cream, and represent the "eyes" with small pieces of cooked chestnuts, stuck irregularly into the "vegetables."

In setting the table for any of the Halloween parties nothing can be prettier than the yellow and black crepe paper cloths or doilies, printed in weird designs of witches, horseshoes and black cats.

A hollowed-out pumpkin makes a splendid receptacle for a "Mystery" or "Jack Horner pie," which may contain simple gifts suitable to the occasion.

Lighted candles and hollowed-out vegetables (lined with paraffin paper) and holding the relishes, such

Parties for Children From 7 to 9

Cost \$1.65 for Six
Celery, Apple and Chestnut Salad
Bread Sticks Cocoa
Gingerbread Cats
Fruit Junket

Cost \$2.55 for Six

Chicken Aspic Sandwiches
Cocoa Salted Peanuts
Baked Apple Ice Cream Witch Cookies
Chocolate Popcorn Balls

Parties for Young Folks of High School Age

Cost \$2.40 for Six
Ham and Chicken Timbales
Ribbon Sandwiches
Cider Punch Pumpkin Turnovers
Popped Corn

Cost \$3.60 for Six

Vegetable Salad Escalloped Oyster
Halloween Punch
Orange Sherbet in Jack-o'-Lantern Shells
Fortune Cake Chestnut Slices

Menus for Grown-Ups

Cost \$2.65

Lucky Rarebit
Buttered Toast Celery
Ginger Ale Cup Surprise Doughnuts
Raisin Fudge

Cost \$3.85

Ganser Salad Hot Rolls Olives
Sliced Almonds Potato Ice Cream
Chestnut Cake Hot Coffee
Maple Foam

Unusual, Practical Recipes

THESE recipes are a bit unusual, and still are practicable, a combination devotedly to be wished for but seldom met. The chestnut slices certainly sound good enough to eat. A witch cookie would not go begging any day in the year, and a chocolate popcorn ball is certainly piling the Ossa of delight on the Pelion of nutrition. Children frankly love imagination in their foods.

Baked Apple Ice Cream

Have ready one pint of sifted cooked apple sauce that has been seasoned with a little cinnamon, nutmeg and vanilla. Make the sauce very sweet and combine with the stiffly whipped white of one egg and a pint of double cream that has been whipped solid with three tablespoonfuls of powdered sugar. Turn into a chilled freezer, and when the mixture begins to congeal stir in a quarter of a cupful of minced candied orange peel that has been soaked for several hours in a sugar syrup. Continue to freeze until firm and smooth, and serve in hollowed out apples.

Chocolate Popcorn Balls

Pop some corn and pick out the large, crisp, tender grains (about two cupfuls). Place in a saucepan two cupfuls of granulated sugar, half a cupful of water and one-quarter of a teaspoonful of cream of tartar. Boil until it spins a thread, flavor with a teaspoonful of vanilla extract and pour part of it over the corn, stirring until thoroughly distributed. Form the corn into tiny balls and dip each into the remaining syrup that has been cooked to the crack stage. Place on paraffin paper until cold, and again dip in melted sweet chocolate.

Halloween Punch

Mix together two cupfuls of grape juice, two of cider, one cupful of grapefruit juice, the juice of one orange and sugar to taste. Dust with a little grated nutmeg and put on the ice for three or four hours to chill and ripen. Just before serving add two quart bottles of carbonated water and pour over a block of ice placed in a punch bowl.

Ham and Chicken Timbales

Soak one tablespoonful of granulated gelatin in three and a half tablespoonfuls of cold water and dissolve in one and a half cupfuls of chicken stock. (This can be made from hot water and bouillon cubes.) Add one cupful each of chopped

cooked chicken and ham and stir until the mixture begins to thicken. Season with a quarter of a teaspoonful of paprika and the same of mustard and fold in one pint of heavy cream, whipped solid. Mold in small cups, chill, and serve in lettuce cups, garnished with mayonnaise dressing.

Chestnut Slices

To two cupfuls of light brown sugar add one quart of milk and boil until the sugar is dissolved. Then stir in the beaten yolks of five eggs and cook over hot water, stirring constantly until thick and very smooth. Add half a pound of blanched almonds, ground to a paste, one teaspoonful of ground cinnamon and a cupful of very finely chopped, boiled chestnuts. Cook to a firm mass, still in the double boiler, and pour into a buttered pan, two inches thick. When cold slice.

Lucky Rarebit

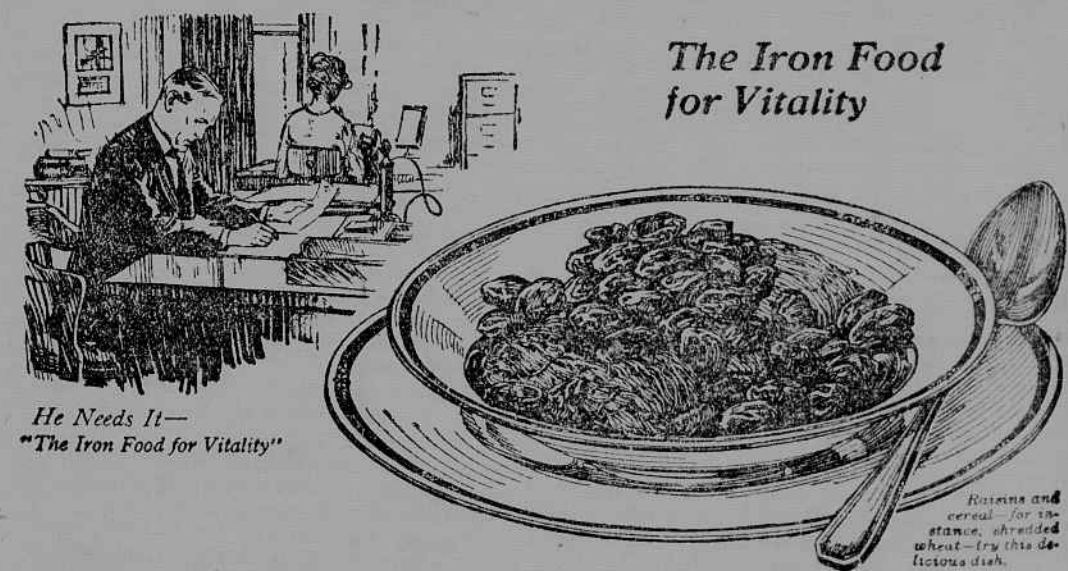
Put two tablespoonfuls of butter in the chafing dish and when melted add two tablespoonfuls of flour. Pour in, gradually, three-quarters of a cupful of thin cream, and as soon as the mixture thickens add three-quarters of a cupful of stewed, strained tomatoes, blended with one-third of a teaspoonful of baking soda, two cupfuls of finely cut cheese, two beaten eggs, a tablespoonful of Worcestershire sauce, a quarter of a teaspoonful of mustard and salt and paprika to taste. Stir constantly until the whole is a light creamy mass, and serve on hot toast slices. Lay over each portion two slices of crisp, broiled bacon.

Cider Punch

Place in a large mixing bowl one pint of cold tea and add three pints of cider, the juice of two lemons, one cupful of sugar, a small bunch of mint and two sliced oranges. Let stand on the ice to chill and ripen, and just previous to serving add two quarts of cracked ice and a quart of chilled Apollinaris water.

Ganser Salad

Soak a one-pound salt-herring in warm water to cover, drain and cook in boiling water fifteen minutes. Cool and separate into flakes. Add an equal quantity of cooked potato cubes and one-fourth the quantity



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—a luscious breakfast fruit that makes whole days go better for men

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Cover Sun-Maid Raisins with cold water and add a slice of lemon or orange. Place on fire, bring to a boil and allow to simmer for one hour. Sugar may be added but is not necessary, as Sun-Maid Seeded Raisins contain 75 per cent natural fruit sugar.

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